



Food Pyramid



The \*new\* food pyramid, known as My Pyramid, is made up of a stairway on the left and six vertical parts representing the food groups. Each of the six vertical parts are very important to daily diet as they keep you healthy and strong. There is a measured serving size you should have every day for each different part of the food pyramid.

The following is based on a 1800 (Kids) Calorie Pattern.

- 101 The first group = orange, is the grain group. This group has the largest amount of servings per day. The serving size is 6 ounces per day. Examples of this group are bread, rice, cereal, and pasta.
- 101 The second group = Green, is the vegetable group. This group's serving size is  $2\frac{1}{2}$  cups a day. Examples of this group are carrot, celery, broccoli, cauliflower, lettuce, beans, and spinach.
- 101 The third group = Red, is the fruit group. This group's serving size is  $1\frac{1}{2}$  cups a day. Examples of this group are apples, oranges, melons, grapefruits, and lemons.
- 101 The fourth group = Yellow, is fats and sweets. This group's serving size is to limit your intake of these. Examples of this group are sugar, oil, potato chips, fried foods, candy, cake, ice cream, and cookies.
- 101 The fifth group = Blue, is the dairy group. This groups serving size is 3 cups a day. Examples of this group are milk, yogurt, and cheese.
- 101 The sixth group = Gray, is the meat (protein) group. This group's serving size is 5 ounces a day. Examples of this group are meat, poultry, fish, dry beans, eggs, and nuts.
- 101 The STAIRS to the left represent Physical Activity. Teenagers and children should be physically active 60 minutes a day or most days of the week.